



Under the direction of
Carol Baker-Fulco, MS, RD



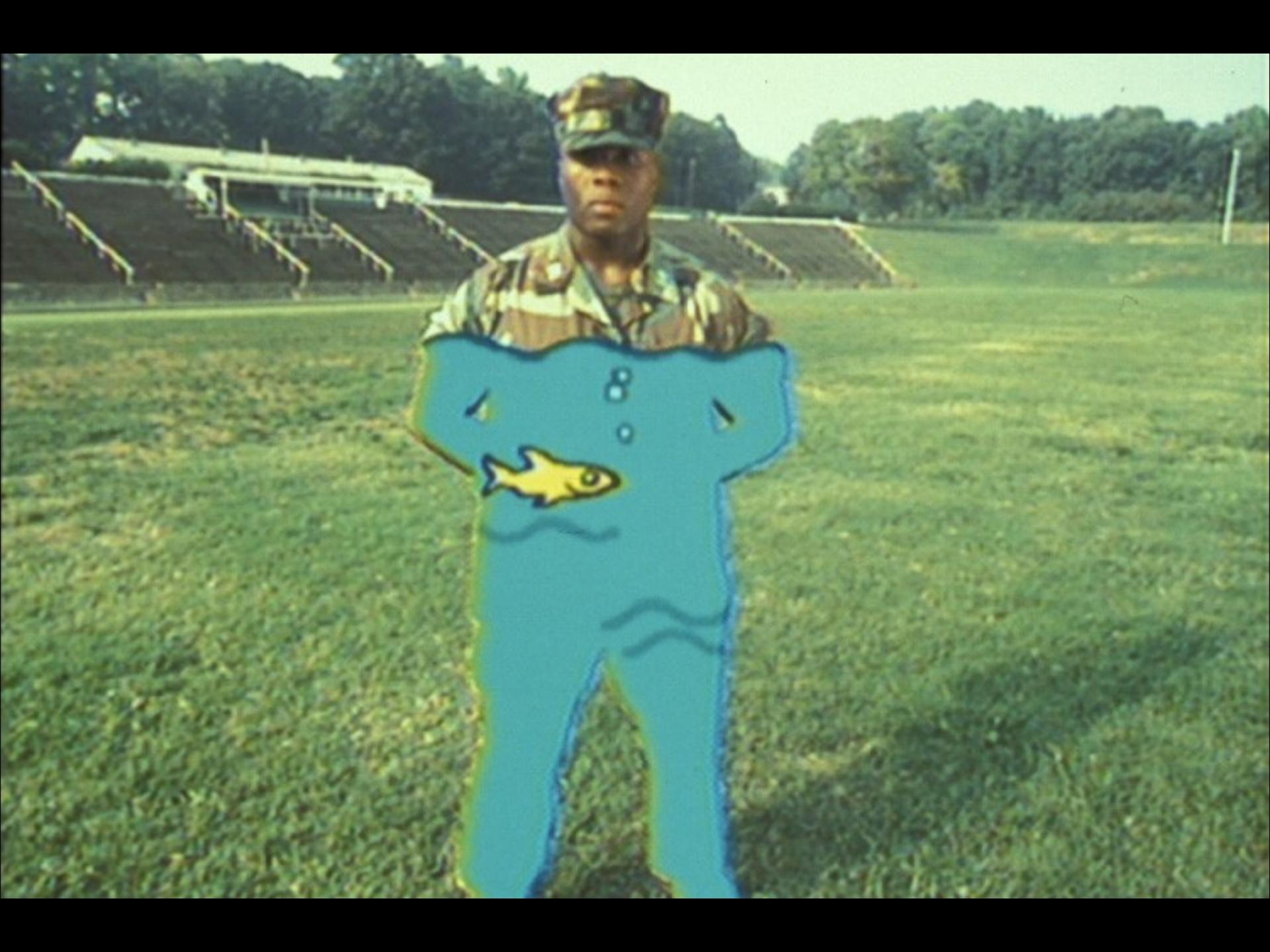
Fluids -
Your Key
To Performance

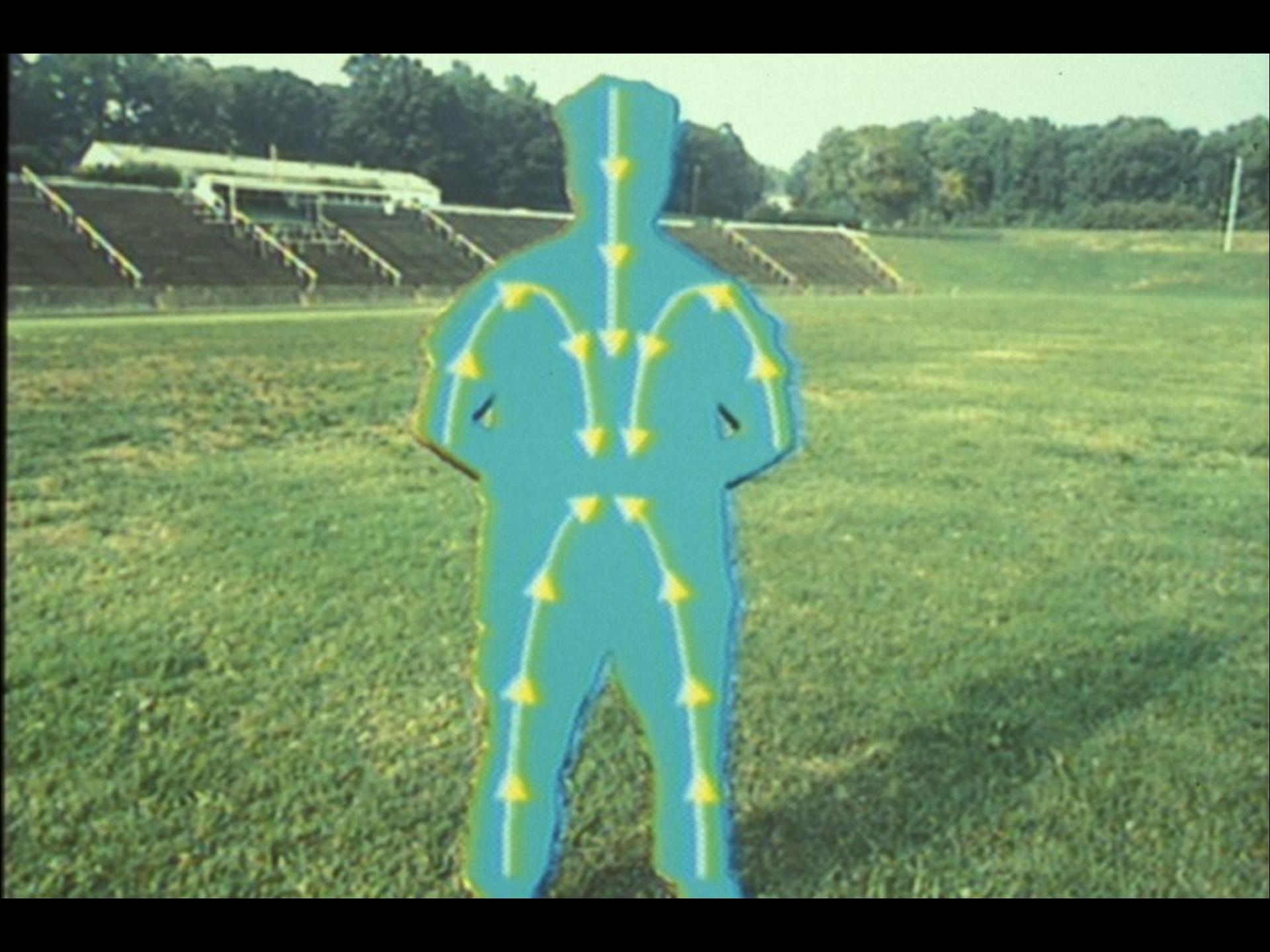
POWERMADE

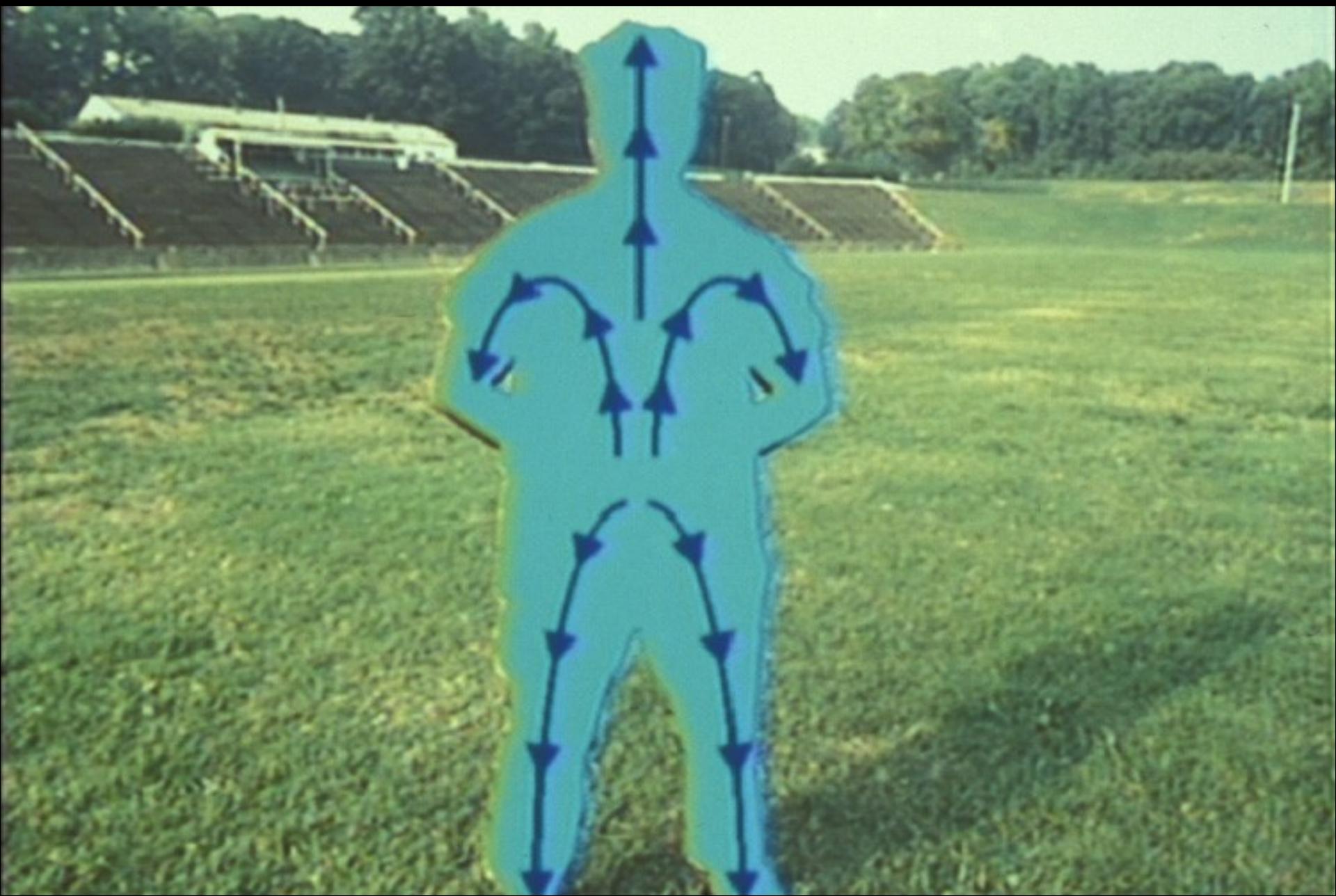
PERFORMANCE

THE NUTRITION CONNECTION



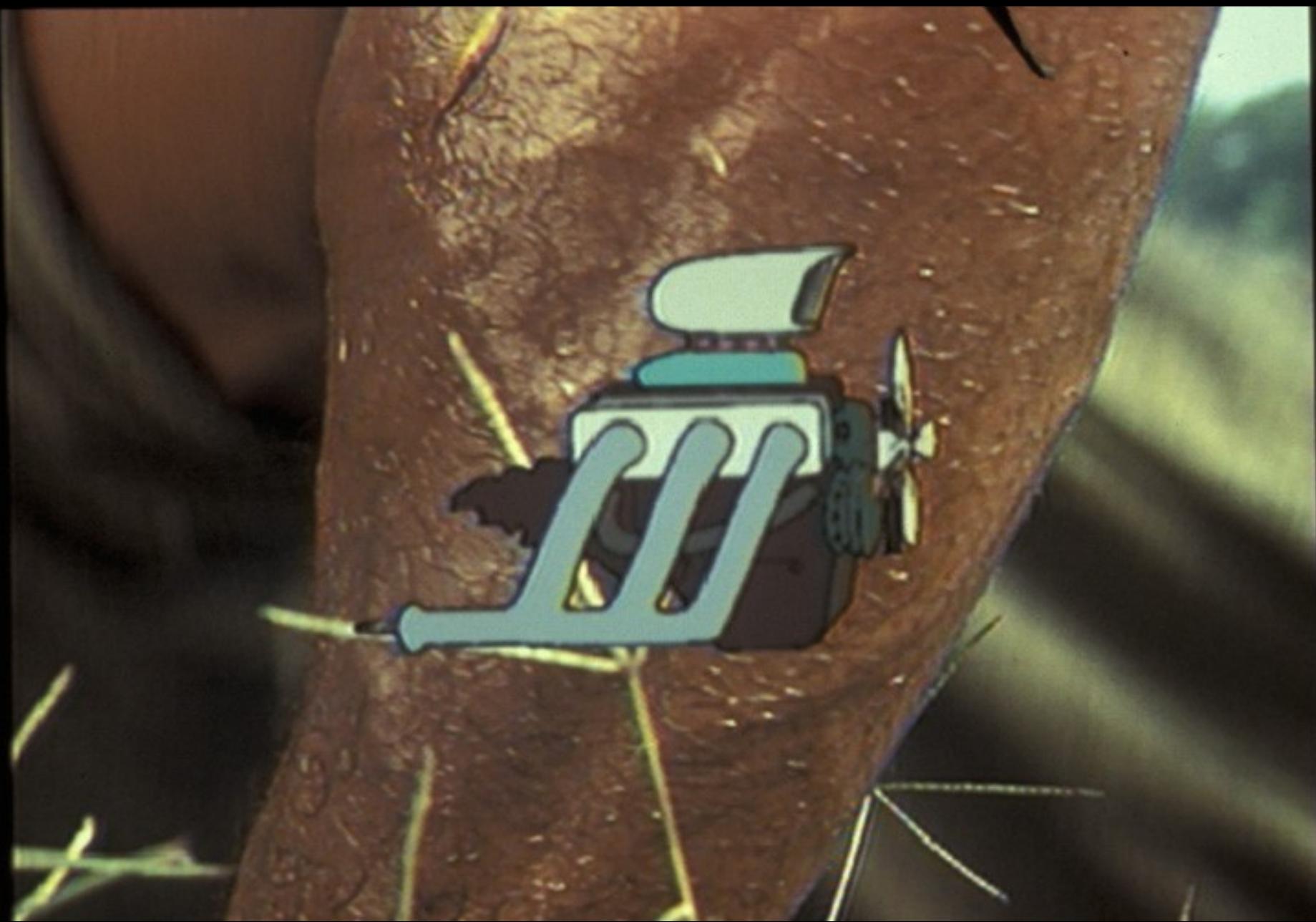


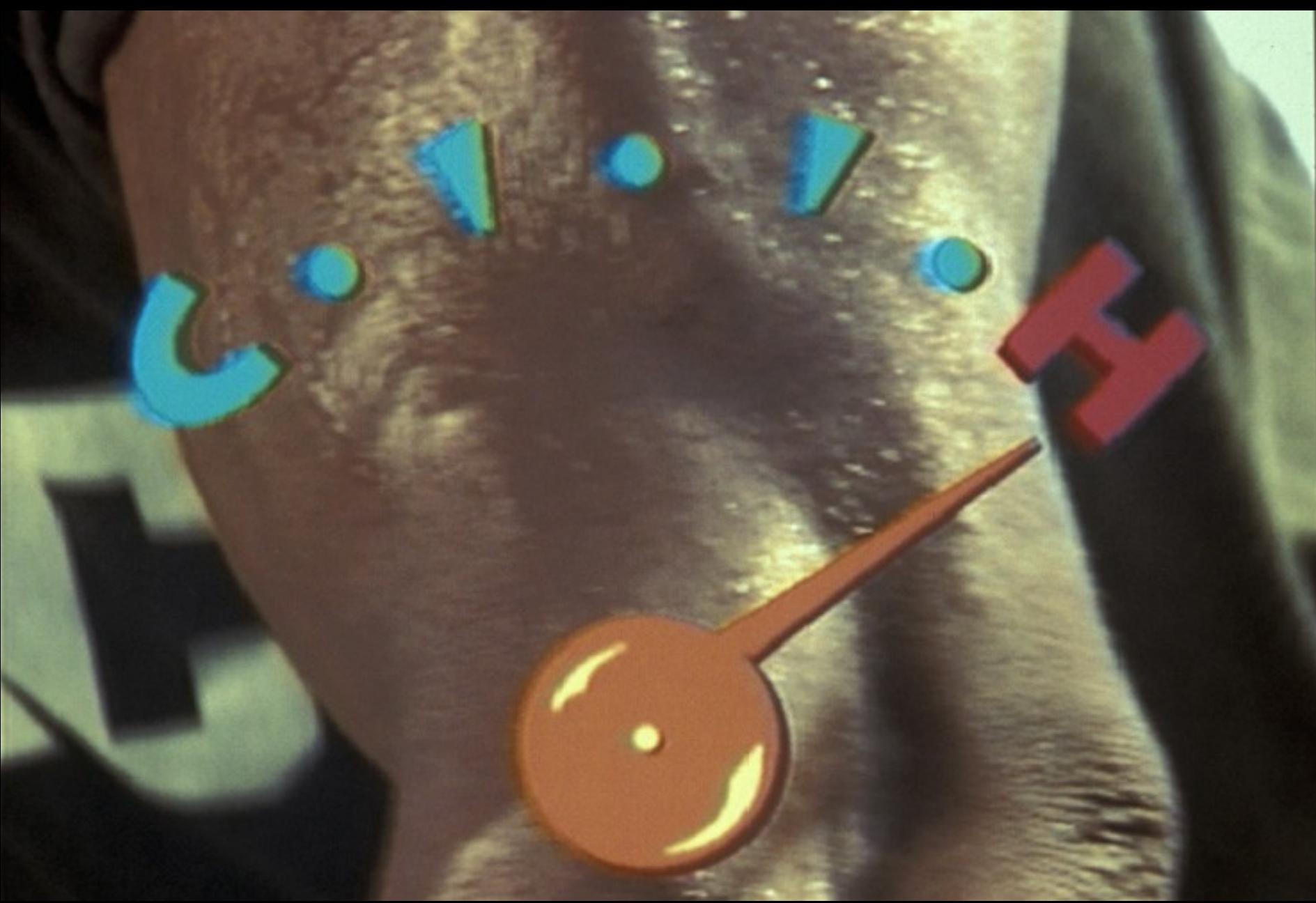


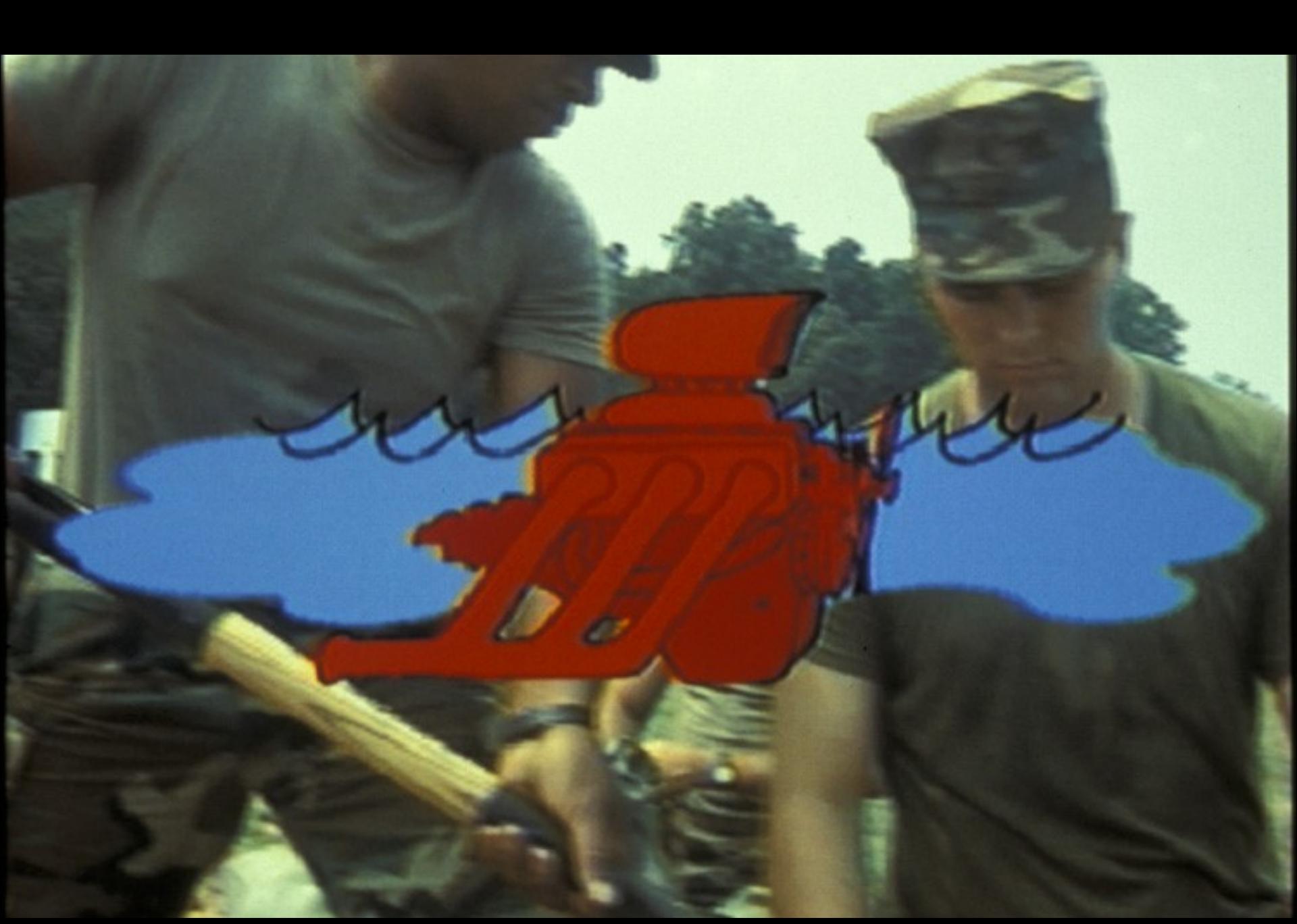








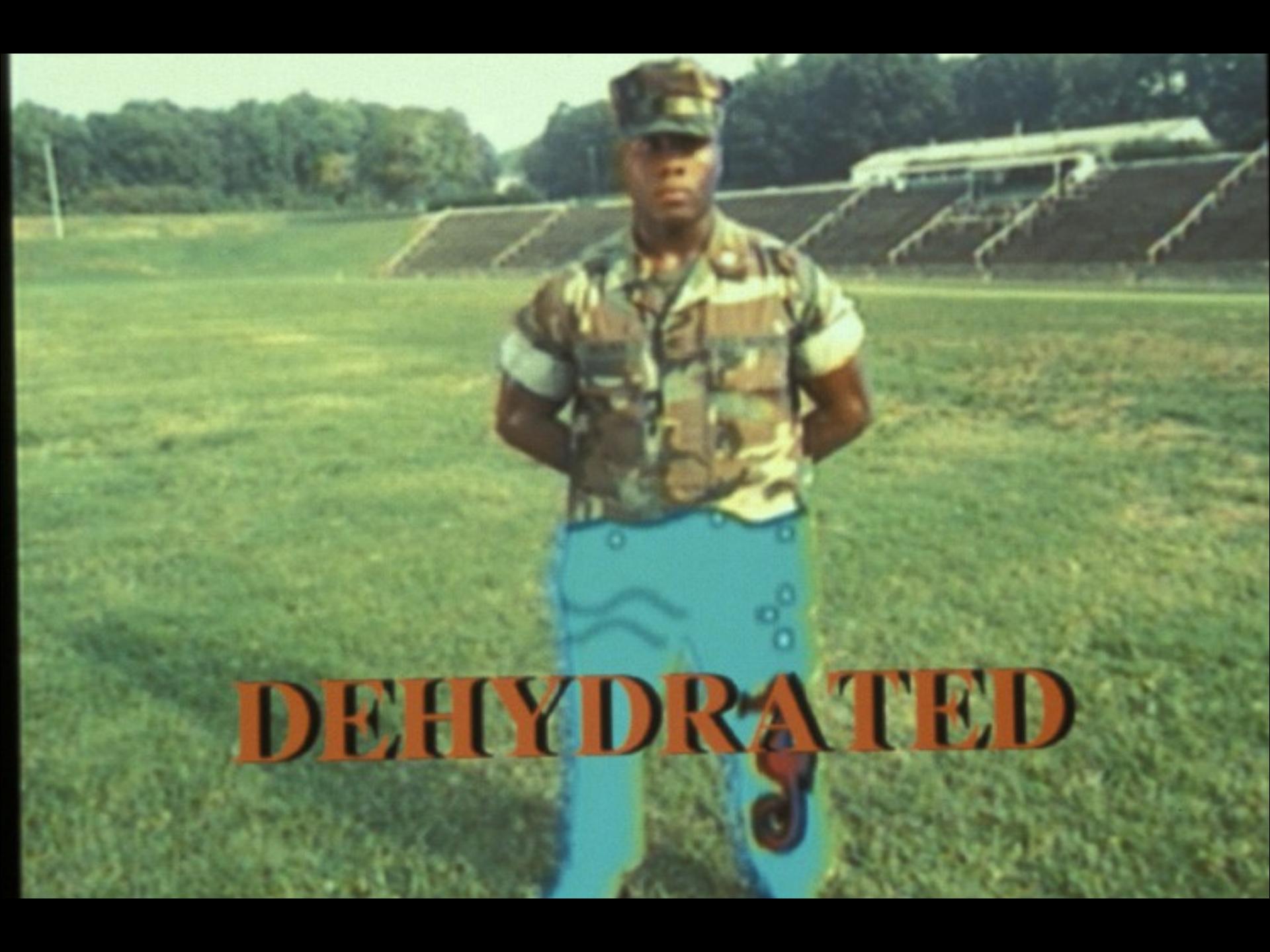






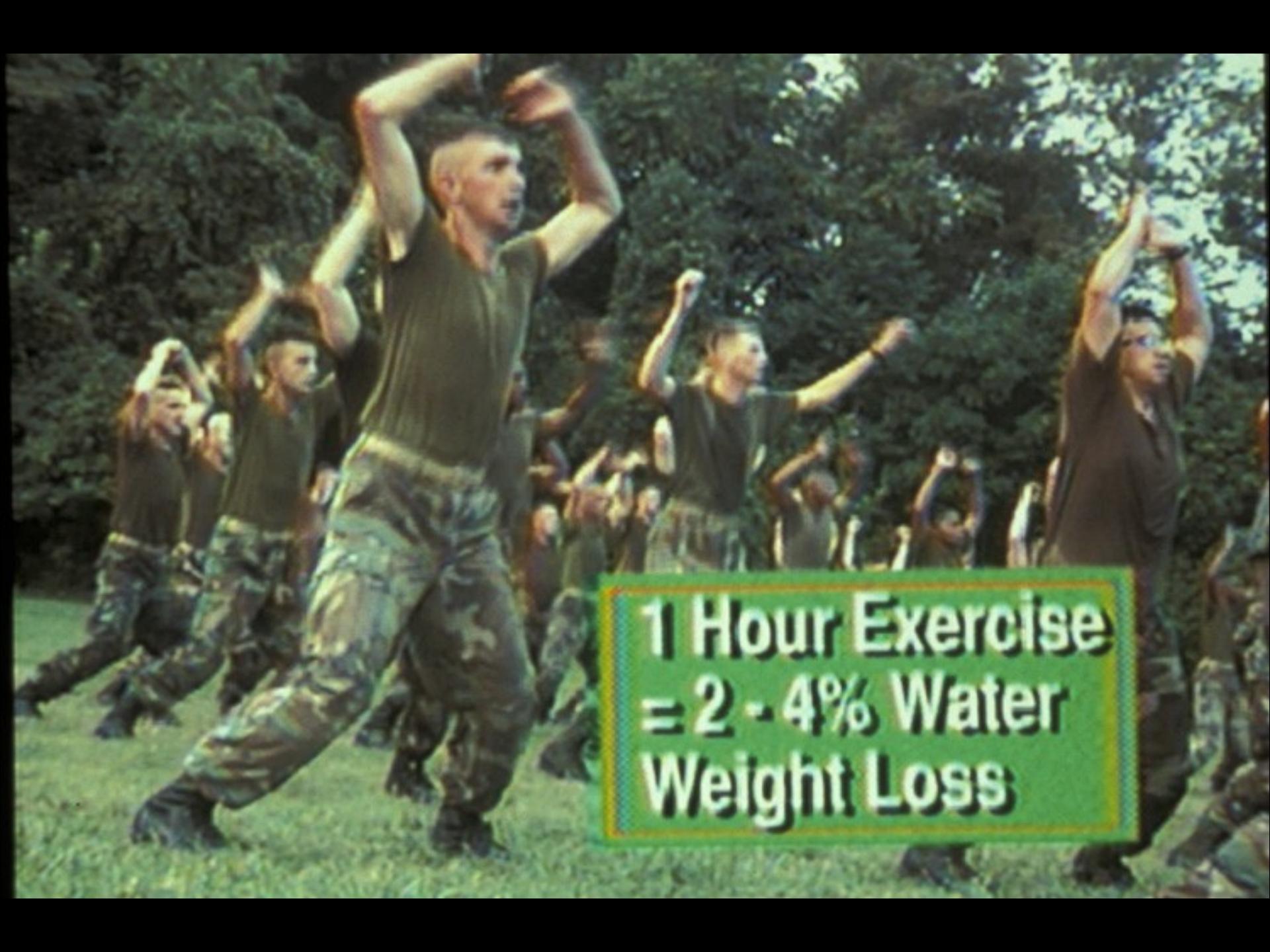


HYDRATED



DEHYDRATED



A group of soldiers in camouflage uniforms are performing a high-intensity exercise routine outdoors. They are in a lunge position with their arms raised above their heads. The background shows a grassy field and trees.

**1 Hour Exercise
= 2 - 4% Water
Weight Loss**

**170 LB. MAN-
4 LBS. WATER LOSS
IN A MORNING**







2-5% Weight Loss

Thirst
Fatigue
Loss of Appetite



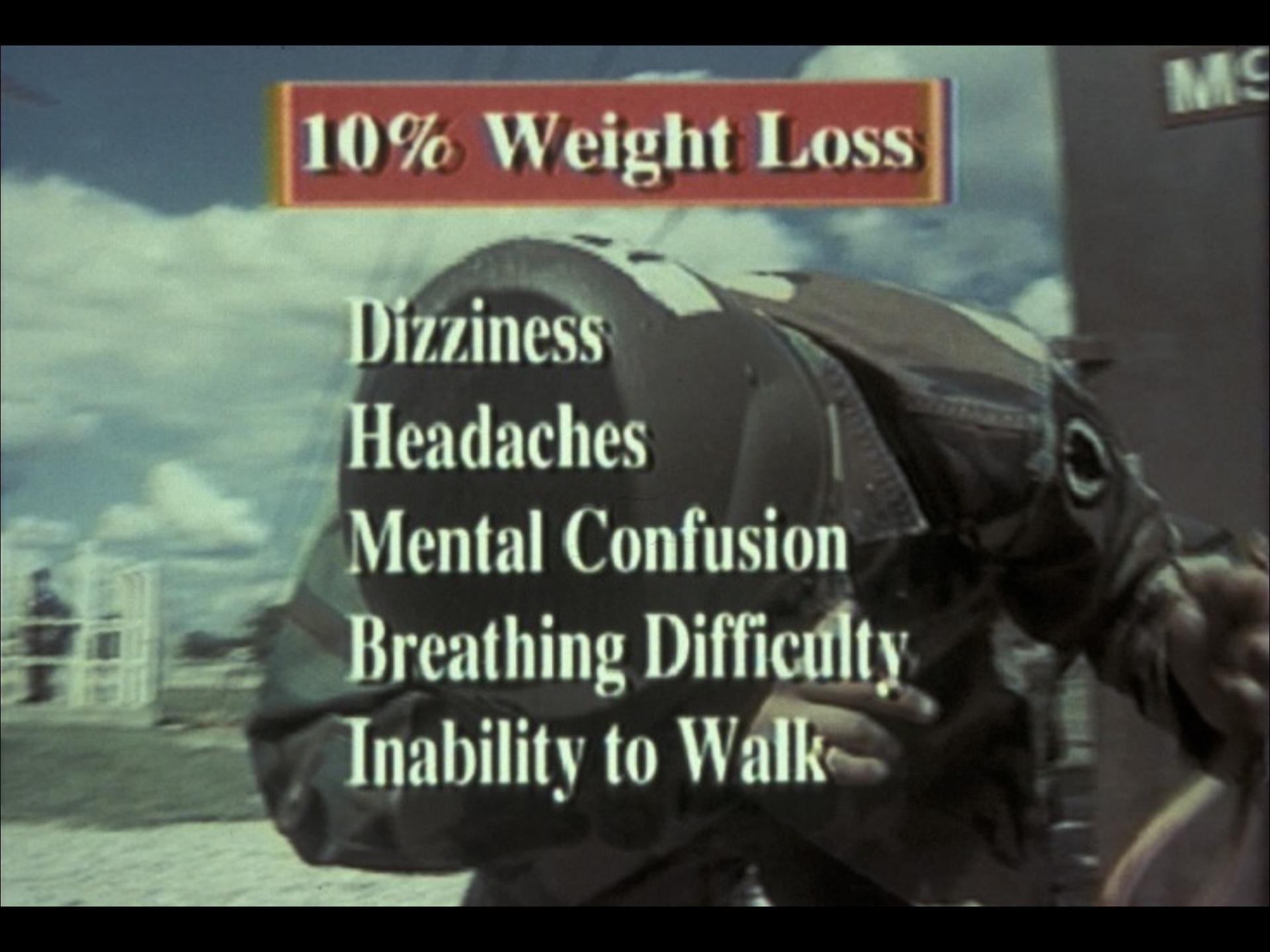
2-5% WEIGHT LOSS

HIGHER RISK OF INJURY

WEAKENS ENDURANCE

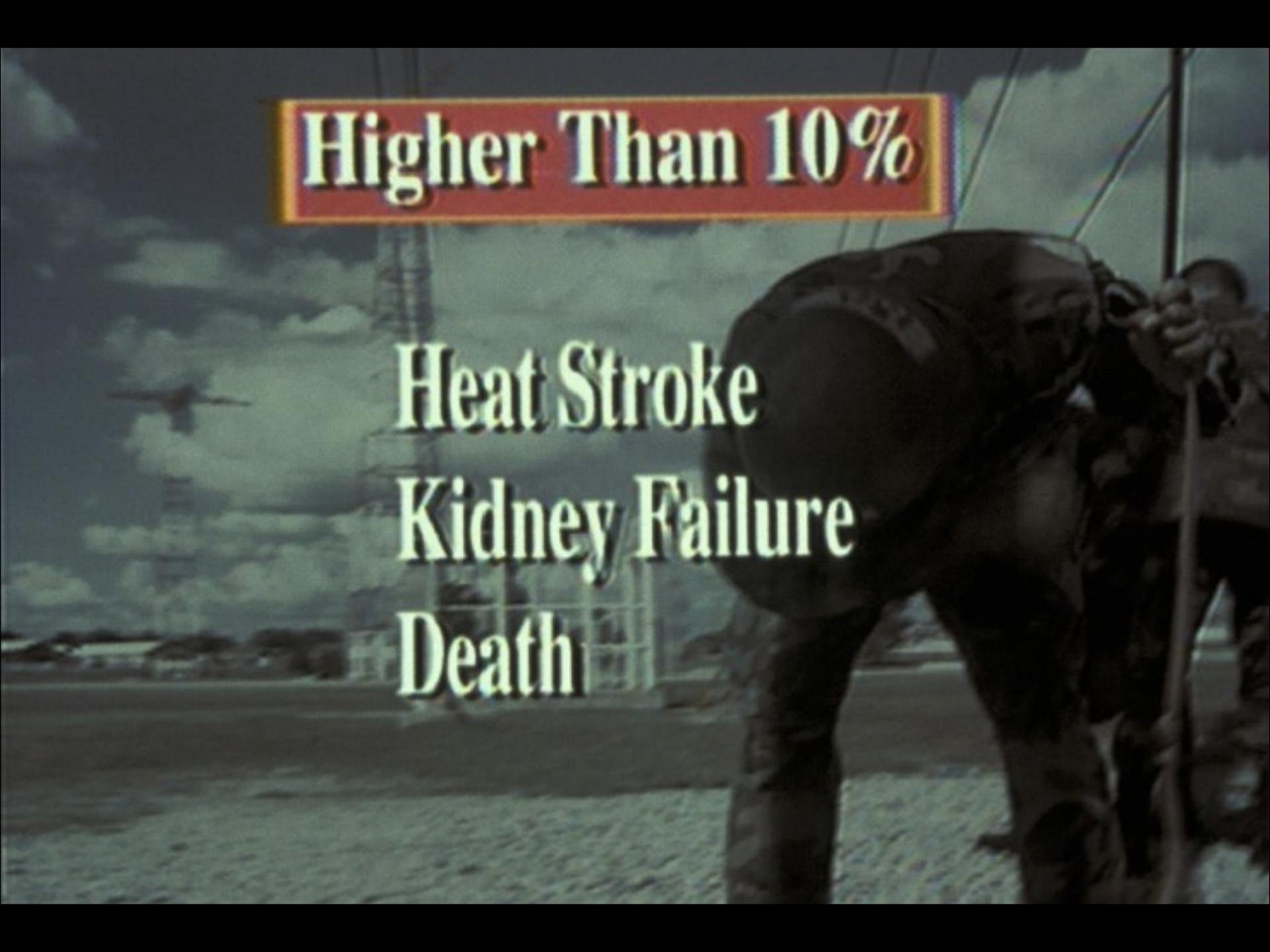
STAMINA

SPEED



10% Weight Loss

Dizziness
Headaches
Mental Confusion
Breathing Difficulty
Inability to Walk



Higher Than 10%

Heat Stroke
Kidney Failure
Death











A person in a camouflage uniform is pouring water from a canteen into two blue plastic cups. The person is wearing a camouflage beret and a camouflage belt. The cups are placed on a blue and white checkered cloth. The background is blurred, showing other people in similar uniforms.

Before Activity



Every 10-15 Minutes

A group of soldiers in camouflage uniforms are standing outdoors. In the foreground, there are two large black barrels. One soldier is holding a rifle. The background shows trees and a clear sky.

After Activity

1LB =

A color photograph of a soldier in camouflage gear, including a beret, drinking from a canteen. He is surrounded by numerous empty black canteen cups arranged in a circle on the ground. The background is a dense green forest. A red rectangular sign with the word "Daily" in white, bold, sans-serif font is positioned above the soldier's head.

Daily

dehydrated

hydrated





ECOLOGIES











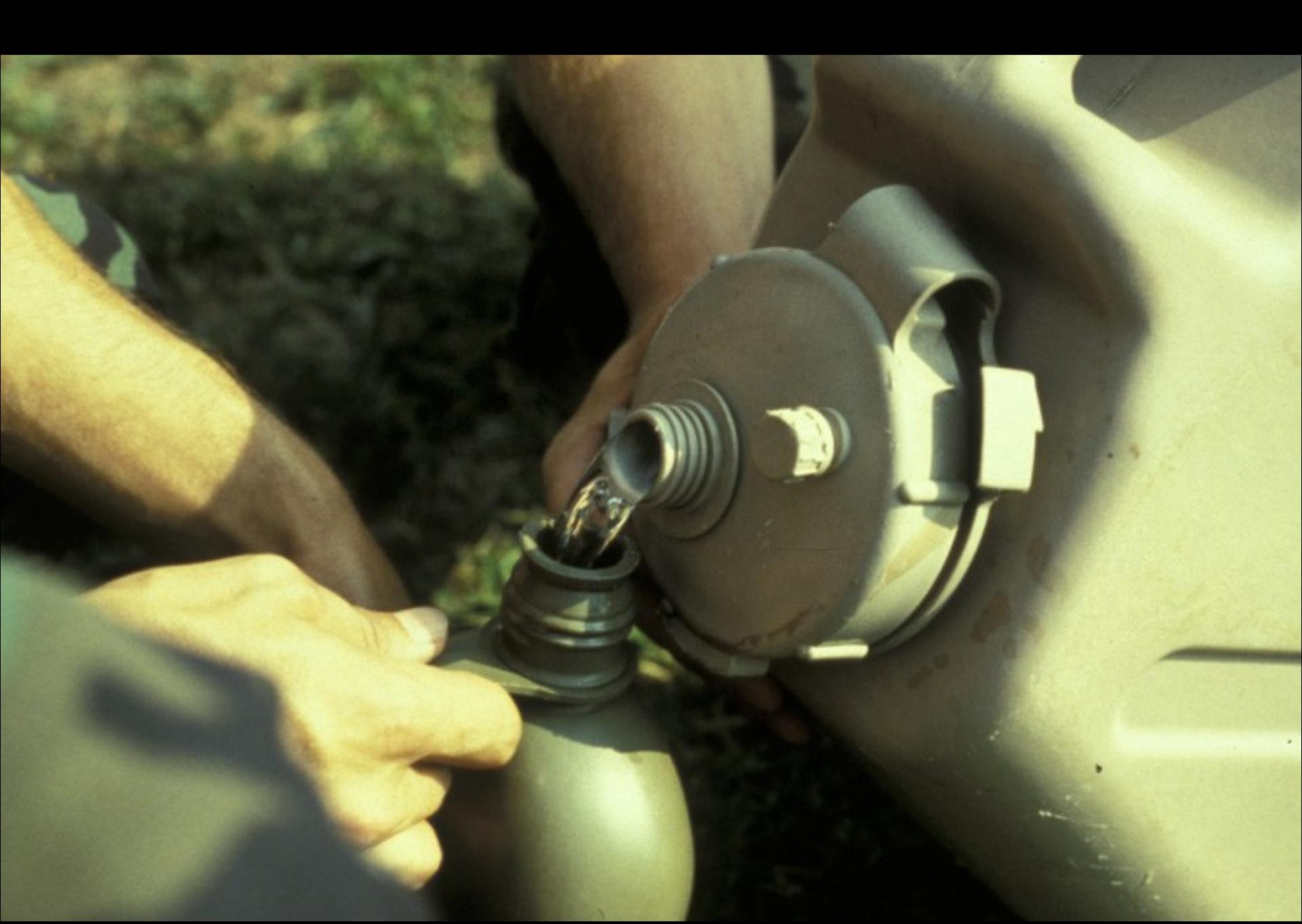
**AFTER
EXERCISE**



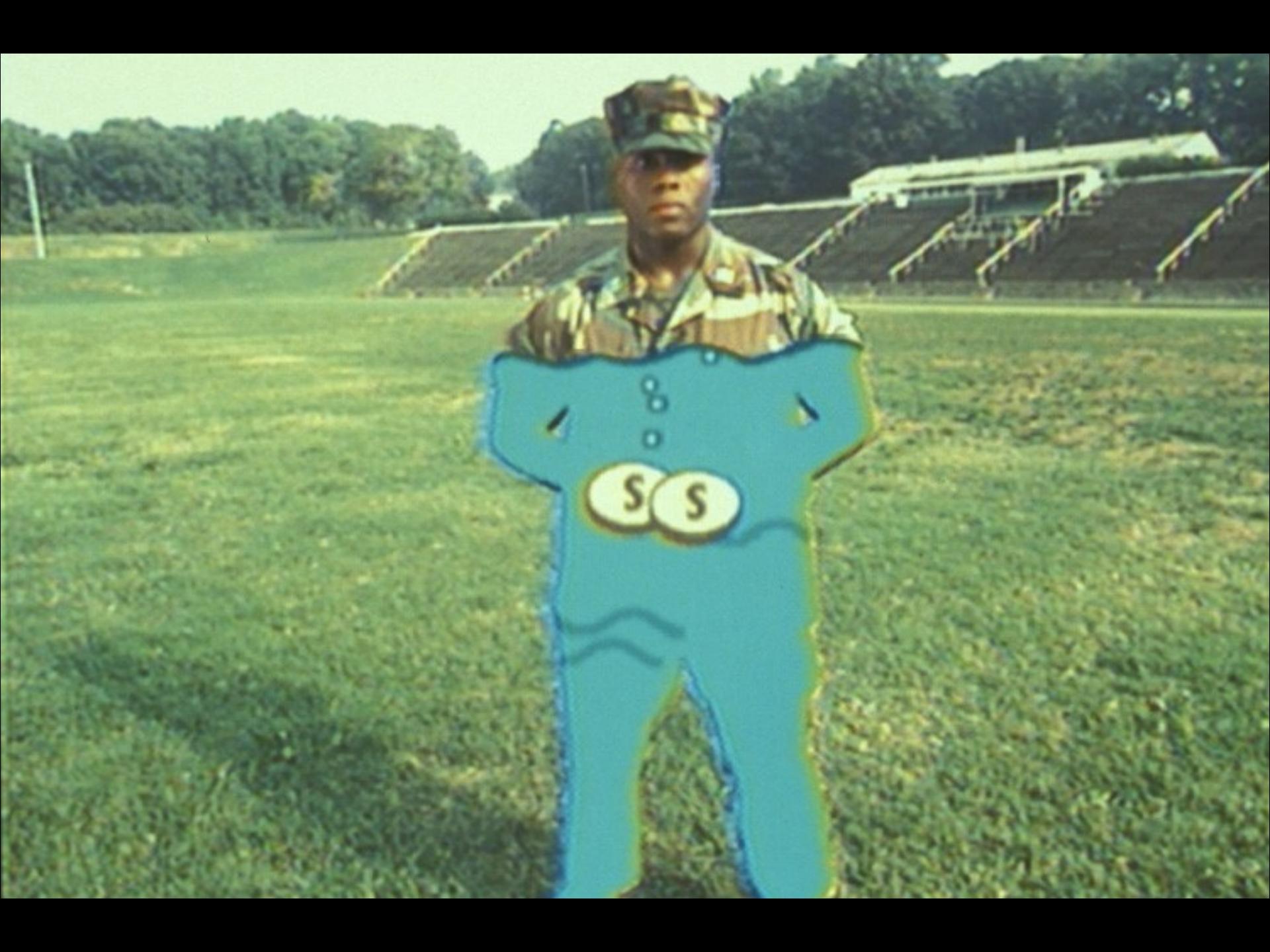




















Per Day







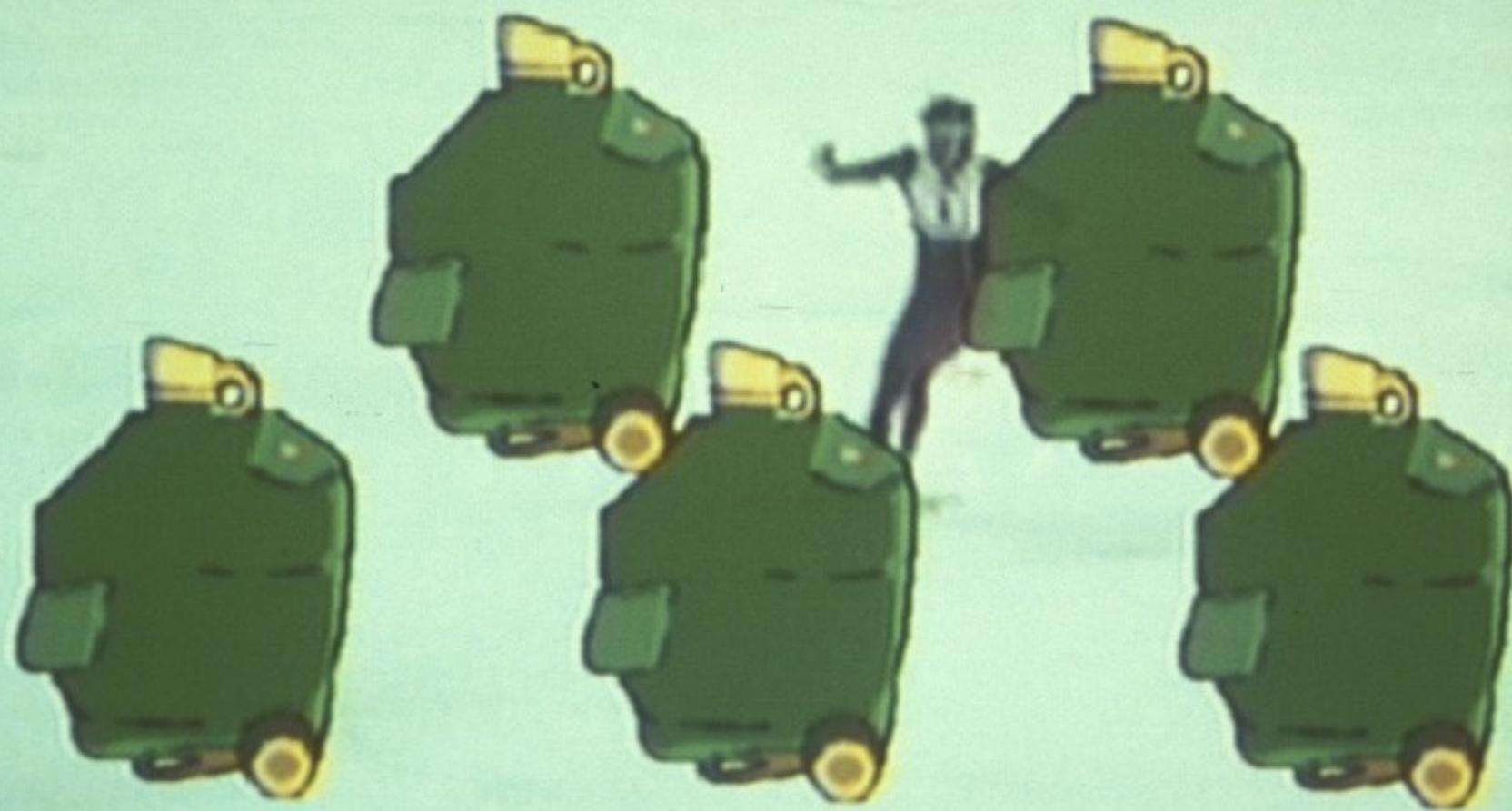


Per Day











A group of people are exercising outdoors on a grassy field. In the foreground, two men are in a crouched position, possibly stretching or preparing for a race. In the background, another man is also in a crouched position. A large, red sign with a yellow border is positioned in the upper left corner of the image. The sign contains the following text:

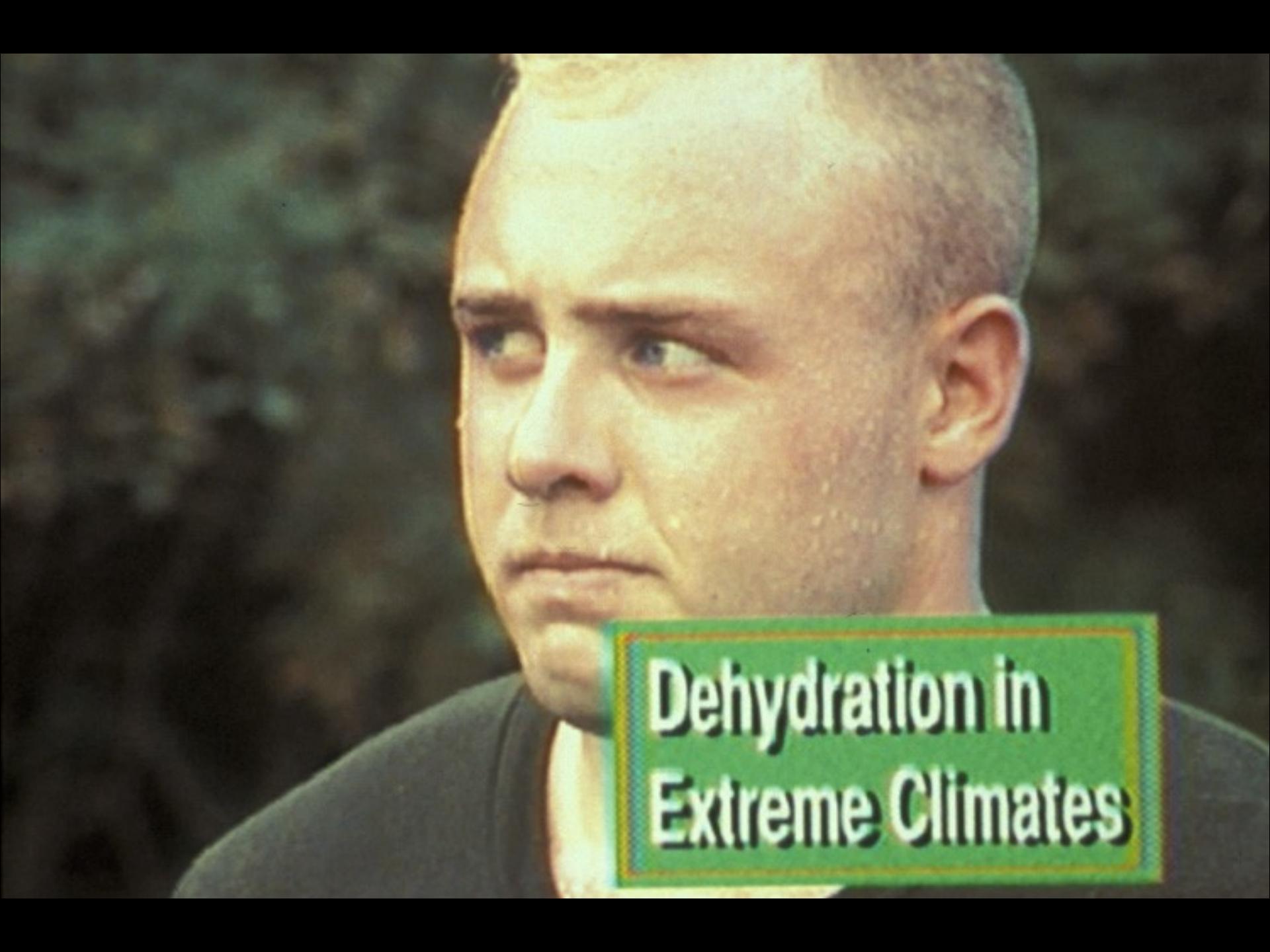
**Drink Before,
During and
After Exercise**



Drink Before
Thirst



Water
Best Fluid
Replacement



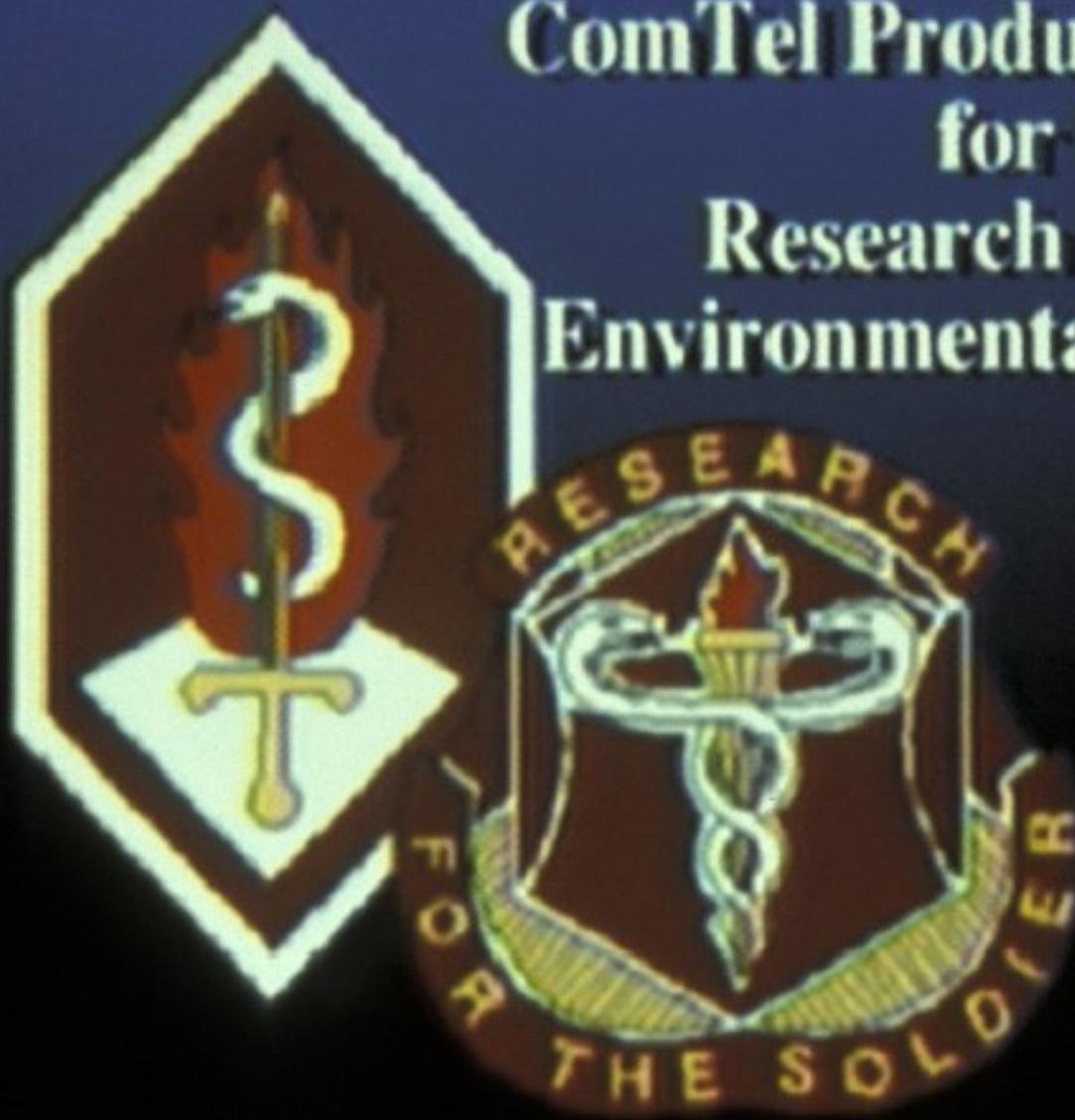
**Dehydration in
Extreme Climates**



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